

## Gemstones and Switchwords

By Kat Miller

Following is a list of select gemstones, imbalances addressed by them, positive qualities enhanced by them and Switchphrases to help address the imbalances and enhance the positive qualities with or without the gemstones.

### Amazonite Imbalances & Qualities:

Improves self worth.

**Amazonite Switchphrase:** DIVINE-CRYSTAL-HORSE-REACH.

**This Switchphrase means:** Increase ability to feel self-worth, self-trust, self-love; find the way.

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### Amber Imbalances & Qualities:

Lift heaviness.

Amber is great at lifting the heaviness of burdens—allowing happiness to come through.

**Amber Switchphrase:** ADJUST-LIGHT-UP.

**This Switchphrase means:** Adjust to deal with discomforts, lighten your load and be in high spirits.

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### Amethyst Imbalances & Qualities:

Enhances meditation.

Spiritual Upliftment.

Calms and focuses overactive mind.

Deepens understanding of underlying issues.

Soothes and eases emotional exhaustion.

Eases addictions and addictive traits within personality.

Wide spectrum of healing energies.

Neutralizes pain.

This is also the present carrier of the purple color ray.

**Amethyst Switchphrase:** ACT-FOREVER-CLEAR-HO-GIVE-OIL-COVER-CONFESS-CHANGE.

**This Switchphrase means:** Be a good orator, keep the secrets of your soul, release anger and resentment, help others, release tension, dispel anxiety, end aggression and dispel emotional and physical pain.

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**Angelite Imbalances & Qualities:**

Used for conscious connection to Angelic Realms.

Brings inner peace, tranquillity, calm and focus to highest realms of heavenly light.

Combats fear of speaking the truth.

Enhances kindness and gives social consciousness and emotional depth. Instills wisdom and counteracts cruelty and brutality.

Unblocks meridians and swiftly clears any energy blockages.

Teaches acceptance of self.

Grounds you in the present moment.

Allows you to releases all that no longer serves your higher good.

Enhances telepathy skills allows interaction at higher emotional levels.

Balances thyroid.

**Angelite Switchphrase:** CRYSTAL-LIGHT-BE-FIFTY THREE-GO-TINY-BOW-SWEET-CLEAR

**This Switchphrase means:** Look to the future, be inspired toward health and peace, take responsibility for your life, progress, be courteous, dispel arrogance, be caring and release anger and resentment.

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**Apatite Imbalances & Qualities:**

Communication.

Wear this stone when there has been a misunderstanding.

It is also helpful for fighting viruses.

**Apatite Switchphrase:** CLEAR-ACT-FORGIVE-MAGNANIMITY-BE.

**This Switchphrase means:** Dispel anger, be a good orator, eliminate remorse, end pettiness, be at peace and in good health, and unaffected by ridicule.

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**Aquamarine Imbalances & Qualities:**

Protection from devil, dream about aquamarine meet new friends.

Gives freedom from impressions and influence of others.

Filters out discordant and conflicting energies.

Enhance communication with angels also enhance psychic skills.

Calms and Focuses the mind.

Soothes emotions.

Sharpens intellect.

Clarifies perception.

Helps identify underlying behavior patterns that need to be released to move forward in life.

Releases energy blocks.

Alleviates grief and sorrow.

Remind one of the ocean of love and mercy.

Helps one understand difficult situations from a love-filled viewpoint.

**Aquamarine Switchphrase:** ATTENTION-SAGE-CRYSTAL-PRAISE-GUARD.

**This Switchphrase means:** Avoid carelessness, dispel evil, purify, stop being critical and maintain protection.

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**Azeztulite Imbalances & Qualities:**

Brings about shifts in consciousness as well as interdimensional travel.

Activates ascension points.

Causes quantum leap in mental processes \*\*\*should only be used after completion of cleansing of mental body, deprogramming self of mental clutter, energetic implants, past life & ancestral miasms.\*\*\*\*

Dissolves negative emotional when you feel the time is right for your ascension into cosmic awareness and enlightenment.

Brings light and healing energy to ever cell in the body.

Used for physical ailment that requires structured repatterning of the body.

**Azeztulite Switchphrase:** CANCEL-CLEAR-CONFESS-CONCEDE-FORGIVE-DIVINE-LIGHT-ADJUST-UP.

**This Switchphrase means:** Stop negativity, clear resentment and anger, stop aggression and stop arguing, release remorse and desire for revenge, increase enlightenment, reclaim balance and be in high spirits.

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**Black Obsidian Imbalances & Qualities:**

Grounding stone.

Gaining insight into a problem.

Increase comprehension.

**Black Obsidian Switchphrase:** DIVINE-CRYSTAL-REACH-JUDGE-MASK-FOR-BUBBLE.

**This Switchphrase means:** With extraordinary ability, access Universal Knowledge to find insight into problems, comprehend the situations, protect yourself from harm and expand beyond perceived limitations.

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**Black Onyx Imbalances & Qualities:**

Feel more grounded.

Good for manifesting goals and intentions.

Helps one to change bad habits.

A great grounding stone.

**Black Onyx Switchphrase:** BE-TOGETHER-AROUND-THANKS-LISTEN-ROOT.

**This Switchphrase means:** Be in good health and in peace, have it all together, improve perspective, stop regretting and release guilt, be in touch with self and nature and grow.

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**Black Opal Imbalances & Qualities:**

See self as Soul.

Great for helping one see the possibilities of how one can be all they can be.

Strengthens bones.

**Black Opal Switchphrase:** POINT-CRYSTAL-CONSIDER-BUBBLE-HORSE-FIGHT-GIGGLE-HORSESHOE.

**This Switchphrase means:** Find direction, clarify the situation, fix it, expand beyond perceived limitations, gain power, intensify efforts and enjoy yourself as you move safely and swiftly ahead.

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**Blue Aventurine Imbalances & Qualities:**

Circulation.

Helps clear congestion.

**Blue Aventurine Switchphrase:** CRYSTAL-CLEAR-CIRCULATE-DIVINE.

**This Switchphrase means:** Look to the future, dispel anger and resentment, end loneliness and be extraordinary.

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**Cape Amethyst Imbalances & Qualities:**

Inner alignment.

Balances the inner bodies (emotional, spiritual, etc.).

Provides more energy.

Good for arthritis.

**Cape Amethyst Switchphrase:** ADJUST-BE-UP-CLEAR-WITH-LOVE-DONE-POINT.

**This Switchphrase means:** Create balance, be unaffected by ridicule, be in high spirits, dispel anger, harmonize with love and acceptance, strengthen yourself and find direction.

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**Carnelian Imbalances & Qualities:**

Balance creativity and mental processes.

Wheezing from allergies.

Carnelian is the carrier of the orange ray.

**Carnelian Switchphrase:** FOR-GO-MAGNANIMITY-NEXT-SLOW-MOVE-GUARD-ELATE.

**This Switchphrase means:** Promote progression of generosity, finish lots of meticulous work, be wise, clear inertia, protect self and property and turn setbacks into uplifts.

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**Celestite Imbalances & Qualities:**

Brings inner peace, tranquillity, calm and focus to highest realms of heavenly light.  
Brings spiritual expansion and soul harmony.  
Links strongly to celestial guardians.  
Blessed with sunny, harmonious, joyful disposition.  
Helps you to see clearly connection to angelic realms and everyday constant angelic communication.  
Nullifies ego-led desires, creates new mental pathways especially where creativity is blocked.  
Those who wear it are charming, amusing and wonderful to be with.  
Enhances communication skills and brings visions of humanity in harmony and world peace.  
Emotionally soothes and calms.  
Helps people who suffer inner conflict from absorbing other people's emotional stress and discord.  
Eases all nervous conditions.  
Dissolves pains.  
Eliminates toxins.  
Eases fiery conditions.

**Celestite Switchphrase:** DIVINE-LIGHT-HO-GUARD-WITH-CRYSTAL-BE-PRAISE-UP-LIGHT.

**This Switchphrase means:** Increase enlightenment, reduce tension, feel protected, harmonize well with others, stop being critical, be in high spirits and lighten your mood.

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**Citrine Imbalances & Qualities:**

Upliftment.  
Spinal alignment.  
Citrine encourages the yellow ray to support the body.  
Helps process energy work.

**Citrine Switchphrase:** GIVE-DIVINE-LIGHT-MAGNANIMITY-FIGHT-GIGGLE.

**This Switchphrase means:** Help increase enlightenment, end pettiness, intensify intents and enjoy the task at hand.

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**Coral Imbalances & Qualities:**

Emotional Foundation.

Coral protects and strengthens one's emotional foundation.

**Coral Switchphrase:** CRYSTAL-HORSE-SAGE-UP-LOVE.

**This Switchphrase means:** Increase self-love and self-worth, dispel evil and negative energy, dispel inferiority complex, generate, radiate, and experience love and acceptance.

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**Danburite Imbalances & Qualities:**

Joyfully attunes to angelic realms.

Opens heart and crown chakras.

Promotes lucid dreaming.

Brings light, clarity, purity to aura which means it is a "cure-all".

Guidance, spiritual awakening, soul purification, revelation, inspiration, insightful dreams, helps when starting new projects.

Pave way for releasing past.

Clears toxins

**Danburite Switchphrase:** LIGHT-UP-BETWEEN-CRYSTAL-HELP-HOLD-TOGETHER.

**This Switchphrase means:** Be inspired, be in high spirits, enhance psychic awareness, purify and improve clairvoyance, increase focus, build character and become master of your world.

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**Diamond Imbalances & Qualities:**

Peace.

Spirituality.

Courage.

Healing.

Reconciliation.

Strength.

Increase personal clarity.

Alignment with higher purpose.

**Diamond Switchphrase:** BE-CRYSTAL-SWING-BE-TOGETHER-HORSE.

**This Switchphrase means:** Be at peace, look to the future, have courage, be in good health, master of your life and be strong.

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**Emerald Imbalances & Qualities:**

Domestic bliss.

Harmony.

Loyalty.

Opens Solar Plexus Chakra.

Physical and emotional healing.

One of the strongest physical healing gemstones.

Emerald is the carrier of the green ray.

**Emerald Switchphrase:** TOGETHER-WITH-OIL-SHOW-OPEN-SWEET.

**This Switchphrase means:** Become a master at harmonizing well with others, releasing tension, giving respect, breathing easier and being caring.

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**Fresh Water Pearl Imbalances & Qualities:**

Enable one to accept love.

See the good parts of oneself so you can love yourself and others more.

**Fresh Water Pearl Switchphrase:** CRYSTAL-LOVE-BE-TOGETHER.

**This Switchphrase means:** Return to neutrality, generate, radiate and experience love and acceptance and become single-minded.

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**Frosted Quartz Imbalances & Qualities:**

Balance.

Wonderfully soothing.

**Frosted Quartz Switchphrase:** BE-SWEET.

**This Switchphrase means:** Be in peace and good health, be soothing and caring.

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**Fulgurite Imbalances & Qualities:**

Focuses and grounds power of angelic prayer.

A catalyst for change, powerfully unlock third eye chakra used to explore other realities and dimensions.

Balances psychic forces.

Creates environment that is creative, allowing for manifestation through higher mind/mental states.

Increases Intuition.

Allows insight to formation of emotional turbulence.

Creates vortex of purified energy that raises users vibrational rate, thus power to improve all physical ailments.

Energizing, purifying & uplifting use when you want to make quantum leaps in healing any aspect of psyche.

**Fulgurite Switchphrase:** ELATE-LISTEN-FULL-CRYSTAL-WOMB-BRING-BE.

**This Switchphrase means:** Turn setbacks into uplifts, be in touch with your higher self, expand capacity to access Universal Knowledge, reconnect with Source, and unite with wellness.

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**Green Aventurine Imbalances & Qualities:**

Physical healing.

Overall healing support.

**Green Aventurine Switchphrase:** BE-FOR-ADJUST-HORSE-LEARN-PHASE.

**This Switchphrase means:** Be at peace and in good health, promote balance and comfort, gain strength, rejuvenate and improve the situation.

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**Green Fluorite Imbalances & Qualities:**

Hormone Balance.

Helpful with hormonal changes such as PMS and menopause.

**Green Fluorite Switchphrase:** WOMB-ADJUST-ACT-BE-PRAISE-CHUCKLE-FIFTY THREE-GUARD-PHASE.

**This Switchphrase means:** Be secure, be comfortable, transition to peace and health, be beautiful, build character, take responsibility to protect yourself and improve your situation.

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**Green Tourmaline Imbalances & Qualities:**

Promote male balance and physical healing.

**Green Tourmaline Switchphrase:** HORSE-BE-ALONE-NOW.

**This Switchphrase means:** Gain strength, be at peace and in good health and heal now.

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**Grey Moonstone Imbalances & Qualities:**

Helps one accept others' powers by cleansing blocks.

**Grey Moonstone Switchphrase:** DIVINE-SAGE-BE.

**This Switchphrase means:** Increase personal ability to dispel evil and negative energy and be unaffected by ridicule.

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**Hessonite Imbalances & Qualities:**

Insatiable worldly desires and sense gratification.

Hedonistic tendencies.

Obsessive and convulsive influences.

Inertia, dullness, grossness, insensitivity, ignorance.

In astrology good for afflicted Rahu.

Used on the third chakra, Hessonite will stimulate creativity on all levels.

Use this stone to encourage self-respect, respect of others, and spiritual growth.

Helps regulate hormone production

Stimulates metabolism.

Fortifies the immune system.

Encourages absorption of nutrients.

**Hessonite Switchphrase:** DIVINE-SAGE-DEDICATE-MAGNANIMITY-LIGHT-RESTORE-ADJUST-BE,.

**This Switchphrase means:** With extraordinary ability, dispel negative energy, stop clinging to pettiness, be inspired, restore fairness and honesty, create balance and be in peace and good health.

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**Iolite Imbalances & Qualities:**

Full psychic Activation and Integration, but only if the 5 lower chakras are fully balanced.

Take recipient into heavenly realms.

Very important to have all 5 lower chakras balanced.

Releases discord and codependency, overcome addictions.

Improves brain function.

**Iolite Switchphrase:** ADJUST-CRYSTAL-JUDGE-MASK-WATCH-BETWEEN-MOVE-LISTEN.

**This Switchphrase means:** Create balance, improve clairvoyance, increase comprehension, shield yourself, learn to increase psychic awareness, clear inertia and be in touch with nature and yourself.

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**Jade Imbalances & Qualities:**

Relaxation.

Works wonders on sore shoulder or back.

Reduces tension in life.

Calms.

**Jade Switchphrase:** HO-HO-HO-SLOW-OIL-BE.

**This Switchphrase means:** Relax, reduce tension, sigh, be patient, release tension and be unaffected by ridicule.

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**Kunzite Imbalances & Qualities:**

Emotional Support.

Helps emotions be in sync.

**Kunzite Switchphrase:** LOVE-BE-WOMB

**This Switchphrase means:** Generate, radiate and experience love and acceptance, be at peace and in good health, and be secure.

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**Lapis Lazuli Imbalances & Qualities:**

Enhances truth, wisdom, patience, inspiration, integrity, loyalty, revelation and contemplation.

Brings clarity and serenity.

Provides protection from lower entities and psychic attacks.

Harmonizes emotional conflict.

Stops vacillation, hesitation and uncertainty.

Understand the mind.

Expands your viewpoint.

Good for connecting the heart and the mind.

**Lapis Lazuli Switchphrase:** RESTORE-SAGE-HORSESHOE-FORGIVE-ELATE-WITH-HO-LIGHT.

**This Switchphrase means:** Restore honesty, dispel evil, safely move rapidly ahead with sturdiness and balance, release remorse and desire for revenge, turn setbacks into uplifts, harmonize with relaxation and be inspired.

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**Leopardskin Jasper Imbalances & Qualities:**

Bring what one needs (not necessarily what you want).

A wonderfully supporting stone.

**Leopardskin Jasper Switchphrase:** BRING-HELP-FOR-HORSESHOE.

**This Switchphrase means:** Unite with increased focus on promotion of strengthening the soul.

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**Mahogany Obsidian Imbalances & Qualities:**

Decision making.

Helpful in healing gums.

**Mahogany Obsidian Switchphrase:** HELP-POINT-FOREVER-BE.

**This Switchphrase means:** Increase focus, find direction and keep the secret of peace and good health with you.

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**Malachite Imbalances & Qualities:**

Bring harmony into one's life.

Good for meditation.

**Malachite Switchphrase:** BE-WITH-WOMB.

**This Switchphrase means:** Be unaffected by ridicule and in harmony with Source.

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**Mexican Onyx Imbalances & Qualities:**

Helps one sleep better.

**Mexican Onyx Switchphrase:** BE-OFF.

**This Switchphrase means:** Be in peace and good health and sleep.

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**Moldavite Imbalances & Qualities:**

Grounding stone.

Really puts one in their body.

Helps you talk to other sentient beings (humans and whales and dolphins).

**Moldavite Switchphrase:** WOMB-JUDGE-LISTEN-BETWEEN-RESTORE-BE.

**This Switchphrase means:** Be secure, comprehend, be in touch with self and nature, increase psychic awareness, restore honesty and fairness (with nature) and be unaffected by ridicule.

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**Moonstone Imbalances & Qualities:**

Harmonizes female aspect of personality.

Accesses deep subconscious.

Increases psychic powers such as clairvoyance, clairsentience, clairaudience.

Opens mind to serendipity, hidden opportunities and intuition.

Soothing to mind and emotions.

Enhances positive energy flow.

Cools body and releases excess energy and agitation.

Soothes adrenals.

**Moonstone Switchphrase:** CRYSTAL-ALONE-SWEET-FOR-DUCK-PUT-CRYSTAL-WOMB.

**This Switchphrase means:** Connect with Universal Knowledge to heal, care and promote ability to dispel hypersensitivity, expand clairvoyance and reconnect with Source.

**Moss Agate Imbalances & Qualities:**

Get in touch with nature.

Plant knowledge.

**Moss Agate Switchphrase:** CRYSTAL-LISTEN-BETWEEN.

**This Switchphrase means:** Clarify things, be in touch with and listen to nature.

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**Mother of Pearl Imbalances & Qualities:**

For healing abandonment and deep wounds created by unfulfilled needs.

For the "missing mother" energy.

Protection.

Know mother's love.

This stone is a great protective stone.

**Mother of Pearl Switchphrase:** DIVINE-WOMB-REACH-LOVE.

**This Switchphrase means:** Increase personal ability to connect with Source and find, accept and give love.

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**Opal Imbalances & Qualities:**

Strengthens willpower.

Renews the will to live.

Aids physical and spiritual sight and insight.

Very motivating, wonderful aid to visualization especially in healing.

Activates Soul chakra.

Shows exactly what past mental states have caused present emotional imbalance.

Brings light to your darkness and alignment through movement.

Open doorways to wonderful healing.

Shows how to manifest miracles in life.

Cleanses and heals old wounds.

Heals hormonal imbalances.

See possibilities; discover a broader view.

**Opal Switchphrase:** CRYSTAL-HORSE-UP-JUDGE-GUARD-FORGIVE-BE-DIVINE-LIGHT.

**This Switchphrase means:** Improve self-worth and self-confidence, dispel inferiority complex, improve insight, maintain protection, release remorse and desire for revenge, be at peace and in good health, and increase enlightenment.

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**Orange Moonstone Imbalances & Qualities:**

Helps one accept others' help by comforting you.

**Orange Moonstone Switchphrase:** ADJUST-FIND-LOVE-MAGNANIMITY-BE.

**This Switchphrase means:** Be comfortable in building a fortune of love and acceptance (of self and others), release pettiness and be unaffected by ridicule.

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**Pearl Imbalances & Qualities:**

Nurturing.

Love.

Luck.

Protection.

Mentally stabilizing.

**Pearl Switchphrase:** DIVINE-WOMB-LOVE-CHARM-GUARD-BUBBLE-WITH-JUDGE.

**This Switchphrase means:** Increase personal ability to feel secure, accept, radiate and generate love, manifest your heart's desires, maintain protection, expand beyond perceived limitations, and harmonize with increased comprehension of your world.

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**Peridot Imbalances & Qualities:**

Brings the energies from in the aura to the physical body.

Useful after energy work.

**Peridot Switchphrase:** CRYSTAL-BE.

**This Switchphrase means:** Connect to Universal Knowledge and heal.

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**Pink Tourmaline Imbalances & Qualities:**

Promote female balance and protection.

**Pink Tourmaline Switchphrase:** WOMB-ADJUST-GUARD.

**This Switchphrase means:** Reconnect with source, be balanced and maintain protection.

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**Poppy Jasper Imbalances & Qualities:**

Gain a positive outlook.

**Poppy Jasper Switchphrase:** DIVINE-LIGHT-UP.

**This Switchphrase means:** Brightly focus positivity and be in high spirits.

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**Purple Rainbow Fluorite Imbalances & Qualities:**

Change.

Helps one get out of ruts.

**Purple Rainbow Fluorite Switchphrase:** GO-BUBBLE-OPEN.

**This Switchphrase means:** Begin to expand beyond perceived limitations and be artful.

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**Rhodochrosite Imbalances & Qualities:**

For treating low self-esteem.

Connects the mind and the heart chakra.

Change.

Gives one confidence while making desired changes.

Very supportive.

One can make large changes very quickly with this stone.

**Rhodochrosite Switchphrase:** MAGNANIMITY-FORGIVE-CRYSTAL-HORSE-SHOW-NEXT-LOVE-ELATE-CONSIDER-PUT.

**This Switchphrase means:** End pettiness, dispel resentments, renew self-confidence and self-worth, give respect at this time, generate, radiate and experience love, turn setbacks into uplifts, be a fixer of things and expand.

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**Rhodonite Imbalances & Qualities:**

Emotional support.

Helps one take the next step emotionally.

**Rhodonite Switchphrase:** CONTINUE-BE-LOVE-GO.

**This Switchphrase means:** Increase endurance, be unaffected by ridicule, radiate love and acceptance and progress.

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**Rose Quartz Imbalances & Qualities:**

Emotional balance.

Very good for expressing and soothing emotions.

**Rose Quartz Switchphrase:** RESTORE-SWEET-LOVE-ACT.

**This Switchphrase means:** Restore soothing, caring love and transition to same.

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**Ruby Imbalances & Qualities:**

Passion, life, courage, perseverance and positive leadership qualities.

For pioneers those who must go first bravely into uncharted territory.

Releases the soul's true potential.

Removes inertia, procrastination, lethargy, fear, deep energy blocks, and survival issues.

Love.

Open the heart.

It allows one to overcome fear.

Carrier of the red ray.

**Ruby Switchphrase:** ATTENTION-SWING-CONTINUE-TAKE-BUBBLE-HORSE-FIFTY  
THREE-OPEN-MOVE-OVER-BLUFF.

**This Switchphrase means:** Avoid carelessness, be bold, increase endurance, become a leader, expand beyond perceived limitations, take responsibility, allow inertia to clear, release frustrations and fears.

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**Ruby Rose Imbalances & Qualities:**

Heals grief and a shut-down heart chakra.

**Ruby Rose Switchphrase:** ALONE-BE-CRISP-FORGIVE-FIGHT-DUCK-HORSE-  
TOGETHER-LOVE.

**This Switchphrase means:** Heal and nurture, be in good health and at peace, rejuvenate, release anger and resentment, intensify intents, dispel hypersensitivity, gain power, become single-minded and generate, radiate and accept love.

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**Sapphire Imbalances & Qualities:**

Beauty.

Intuition.

Helps satisfy dreams and desires.

Love.

Meditation.

Peace.

Healing.

Wealth.

Mental clarity.

Clear mental garbage.

Carrier of the blue ray.

**Sapphire Switchphrase:** CURVE-JUDGE-CRYSTAL-REJOICE-LOVE-HO-BE-UP-COUNT.

**This Switchphrase means:** Create beauty, increase comprehension, purify, release jealousy, embrace love, relax, be in peace and in good health, be in high spirits and generate money.

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**Seraphinite Imbalances & Qualities:**

Healing stone brings yin-yang balance, stability to heart chakra and allows alignment with opening of crown chakra.

Aids discrimination of heart.

Helps you feel that it is good to be alive.

Helps you succeed without struggle by harmonizing desires of heart into perfect alignment with your soul's desires.

Removes imbedded thought forms with in mental body help those who feel disconnected or disoriented.

Dispel negative emotions.

Brings healing to all levels of body.

Purifies blood oxygenates blood.

Heals longstanding degraded physical conditions.

**Seraphinite Switchphrase:** DEDICATE-FORGIVE-FORGIVE-FORGIVE-ON-BE-QUIET-COVER

**This Switchphrase means:** Stop clinging to remorse and desire for revenge, nourish ambition, be in good health and in peace, quiet the ego and dispel anxiety.

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**Sodalite Imbalances & Qualities:**

Protects from external negative energy.

Use it by computers to help reduce the damage from EMF.

**Sodalite Switchphrase:** DIVINE-CRYSTAL-SAGE.

**This Switchphrase means:** Increase personal ability to purify and release negative energy.

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**Sunstone Imbalances & Qualities:**

Enhances contemplations.

Improves meditation.

Helps remember dreams more.

Use it for a few days in a row when you have not been remembering your dreams.

**Sunstone Switchphrase:** BUBBLE-CONSIDER-HO-SLOW-CRYSTAL-WAIT-GO-CRYSTAL-BE.

**This Switchphrase means:** Expand beyond perceived limitations in fixing things, relax and be patient, connect with Universal Knowledge, learn the secrets you are looking for, progress and connect to psychic world of dreams and improve dreams and dream recall.

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**Sugilite Imbalances & Qualities:**

Absorbs garbage from aura.

It uplifts and gives more energy.

**Sugilite Switchphrase:** DIVINE-SAGE-UP- MOVE.

**This Switchphrase means:** Increase personal ability to release negative energy, be uplifted and increase energy and movement.

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**Tanzanite Imbalances & Qualities:**

Changes.

Uplifts and opens the heart.

**Tanzanite Switchphrase:** DIVINE-LOVE-UP.

**This Switchphrase means:** Increase ability to generate, radiate, experience love and acceptance, and be uplifted.

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**Tree Agate Imbalances & Qualities:**

Introspection.

Helps one view themselves with more clarity and see the world through a broader viewpoint.

**Tree Agate Switchphrase:** CRYSTAL-LISTEN-BUBBLE.

**This Switchphrase means:** Make psychic connection with yourself and expand beyond perceived limitations.

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**Unikite Imbalances & Qualities:**

Balances physical/emotions.

**Unikite Switchphrase:** ADJUST-BE.

**This Switchphrase means:** Balance and be in good health.

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**White Moonstone Imbalances & Qualities:**

Helps one accept others' help through highlighting the others effects.

When worn by itself is balances yin/yang.

**White Moonstone Switchphrase:** BETWEEN-TOGETHER-HELP-POINT-ADJUST.

**Switchphrase means:** Increase awareness of others, improve focus, find direction and balance.